

# How can I PREVENT the Flu?

## W.A.T.C.H. IT!

### **W**ASH YOUR HANDS

often with soap and water for 20 seconds, especially after you cough or sneeze. Hand sanitizers are also effective.

### **A**VOID SICK PEOPLE & AVOID TOUCHING YOUR EYES, NOSE & MOUTH

Germs spread this way.



### **T**EACH OTHERS HOW TO PREVENT THE FLU



### **C**OVER YOUR COUGH OR SNEEZE

with a tissue or your sleeve NOT your Hands!  
Throw the tissue in the trash after you use it and wash your hands.



### **H**AVE AN EMERGENCY PLAN ready in case you get sick and keep a two weeks worth of emergency supplies, food, water and medicine at home.

# FLU W.A.T.C.H.



This Flu W.A.T.C.H. message was brought to you by the CNMI Department of Public Health.  
To learn more, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or call 234-8950.

